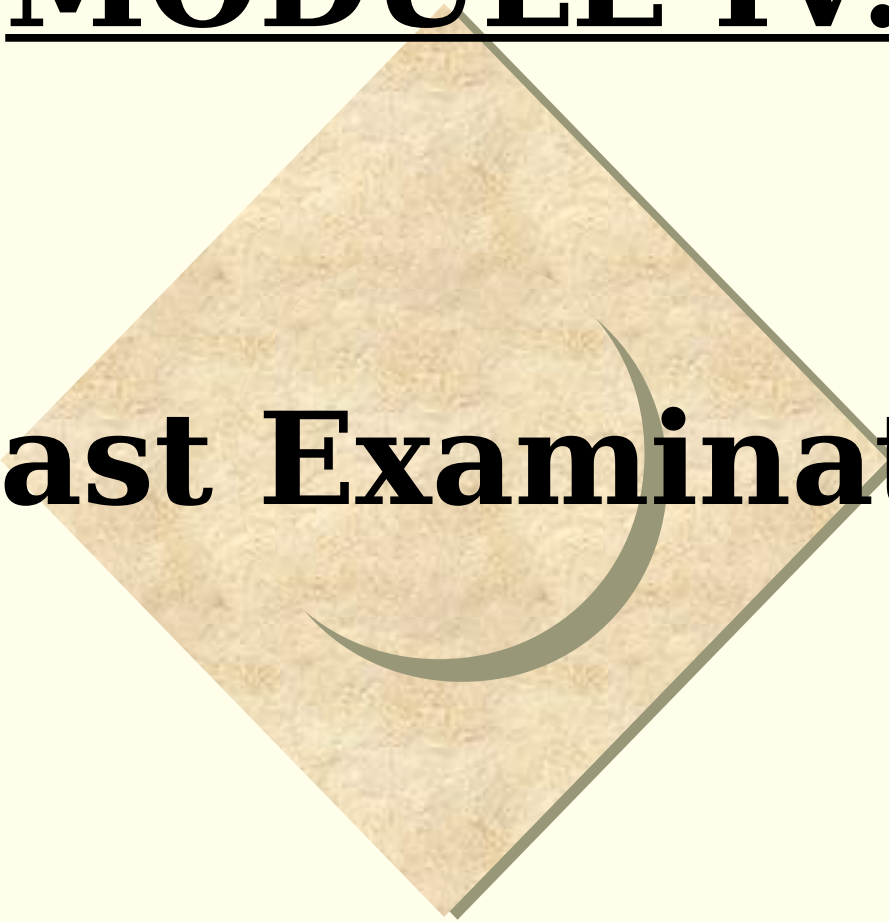
MODULE IV:



Breast Examination

American Cancer Society Screening Guidelines(2003)

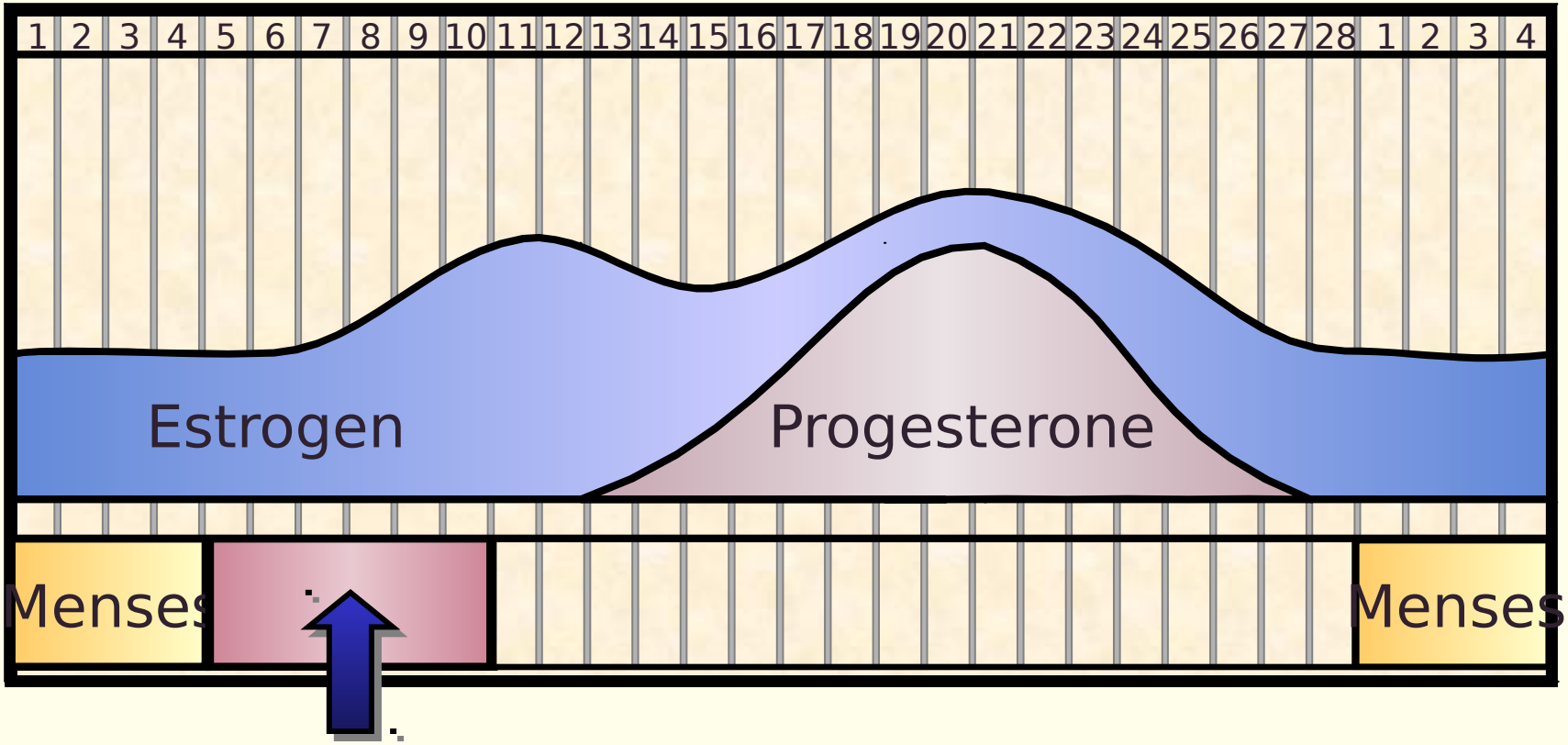
Age 20-39

- Clinical breast exam every 3 years
- Self Breast Exam?

Age 40+

- Yearly mammogram
- Yearly CBE
- Self-Breast Exam Monthly?

Timing of Examinations



Best time for breast examination

Breast Self Exam

- Studies has not shown BSE saves lives
- Individualized choice & frequency
- BSE is one way for women to know how their breasts normally feel and to notice any changes.
- Women who perform BSE have smaller tumors and less likely to have axillary node metastasis

Clinical Breast Examination: Focused History

- Breast Lump
- Nipple Discharge
- Skin Changes
- Breast Pain

Clinical Breast Examination: Focused History

Lump

- Location
- Method of discovery
- Duration
- Hormonal influences
- Tenderness

Clinical Breast Examination: Focused History

Nipple Discharge

- Spontaneous
- Color
- One duct/More than one
- Unilateral/Bilateral
- Duration
- Persistent

Clinical Breast Examination: Focused History

Skin Changes

- Nipple scaling
- Nipple retraction
- Redness/Warmth
- Skin thickening
- Dimpling
- Duration
- Location
- Changes

Clinical Breast Examination: Focused History

Breast Pain

- Location
- Duration
- Unilateral/Bilateral
- Changes with menstrual cycle
- Relation to hormone replacement
- Rank on 10-point scale
- Alter life style
- Worry

Treatment of Breast Pain

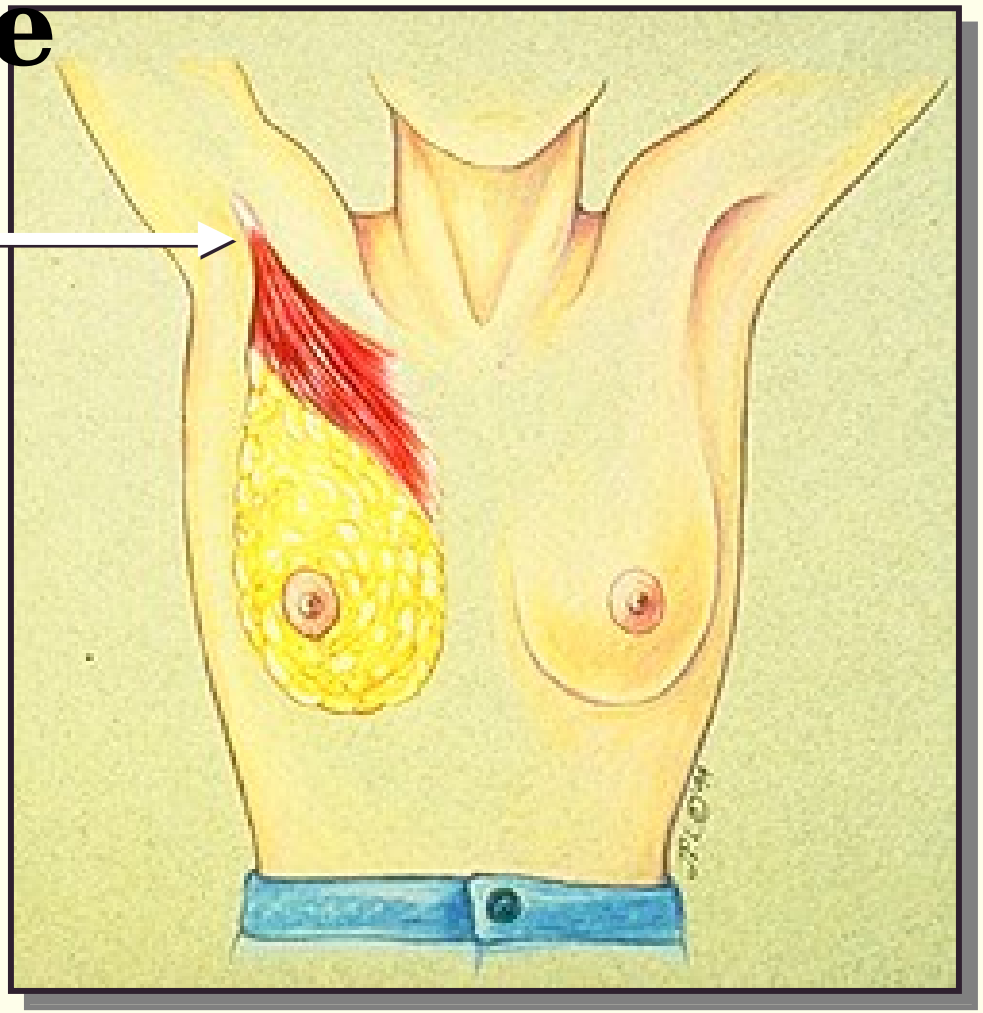
- Supportive brassiere
- Eliminate caffeine
- Vitamin E
- Evening Primrose Oil

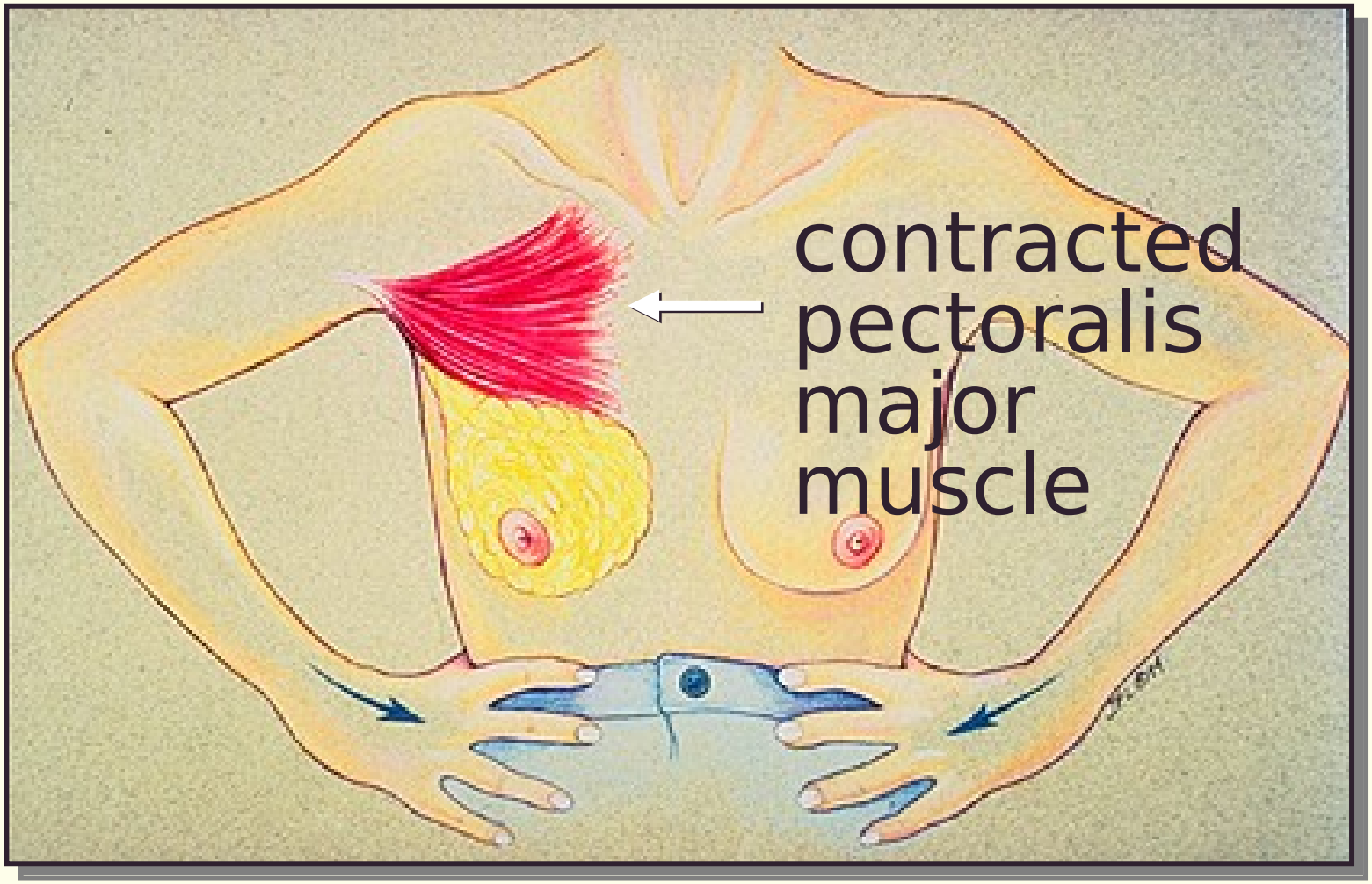
Observation & Physical Examination

- Size
- Symmetry
- Shape
- Skin Color
- Skin Texture
- Nipple/Areola
- Skin Retraction

Inferior & Lateral Exposure

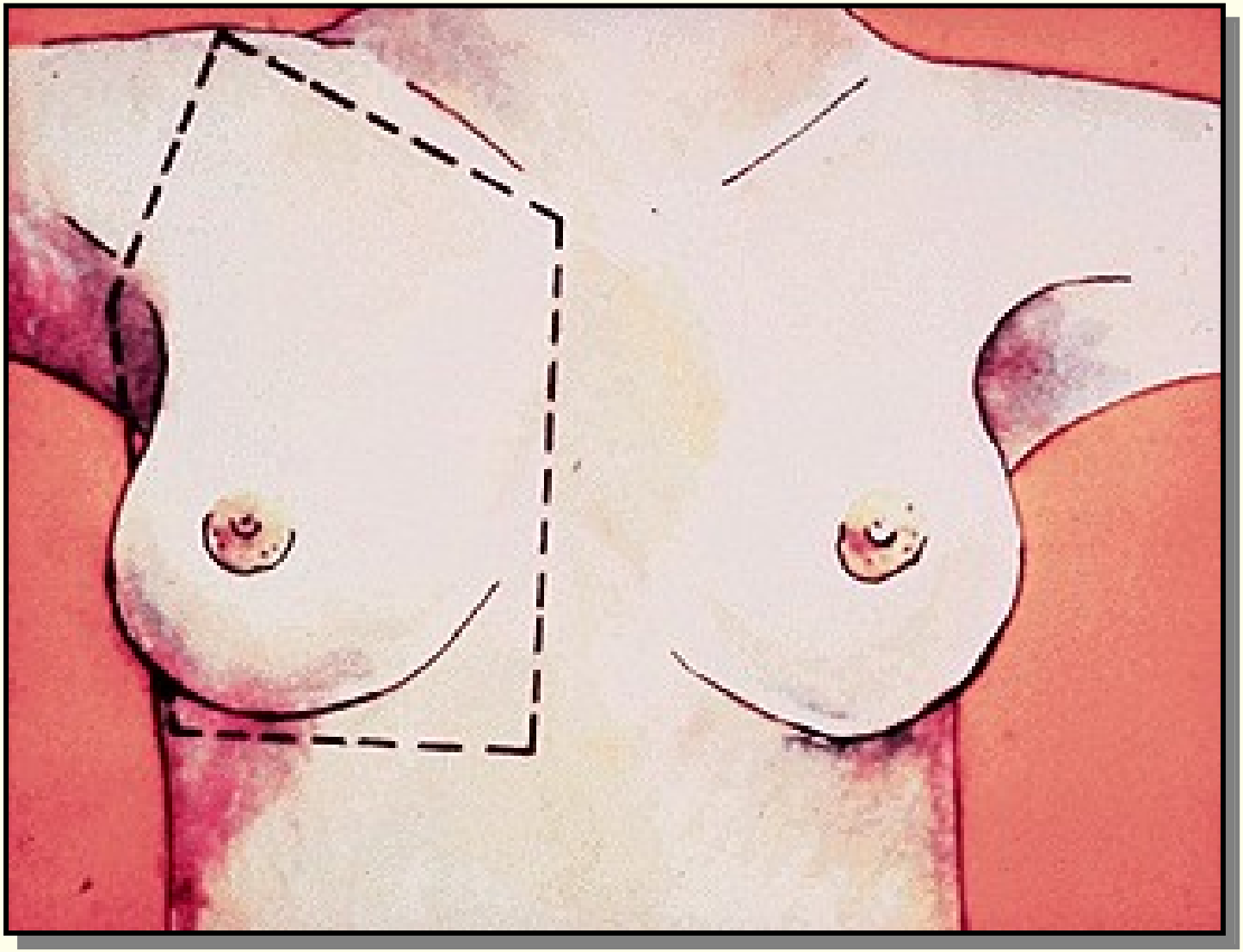
axillary tail




contracted
pectoralis
major
muscle

Examination of Axilla & Lymph Nodes

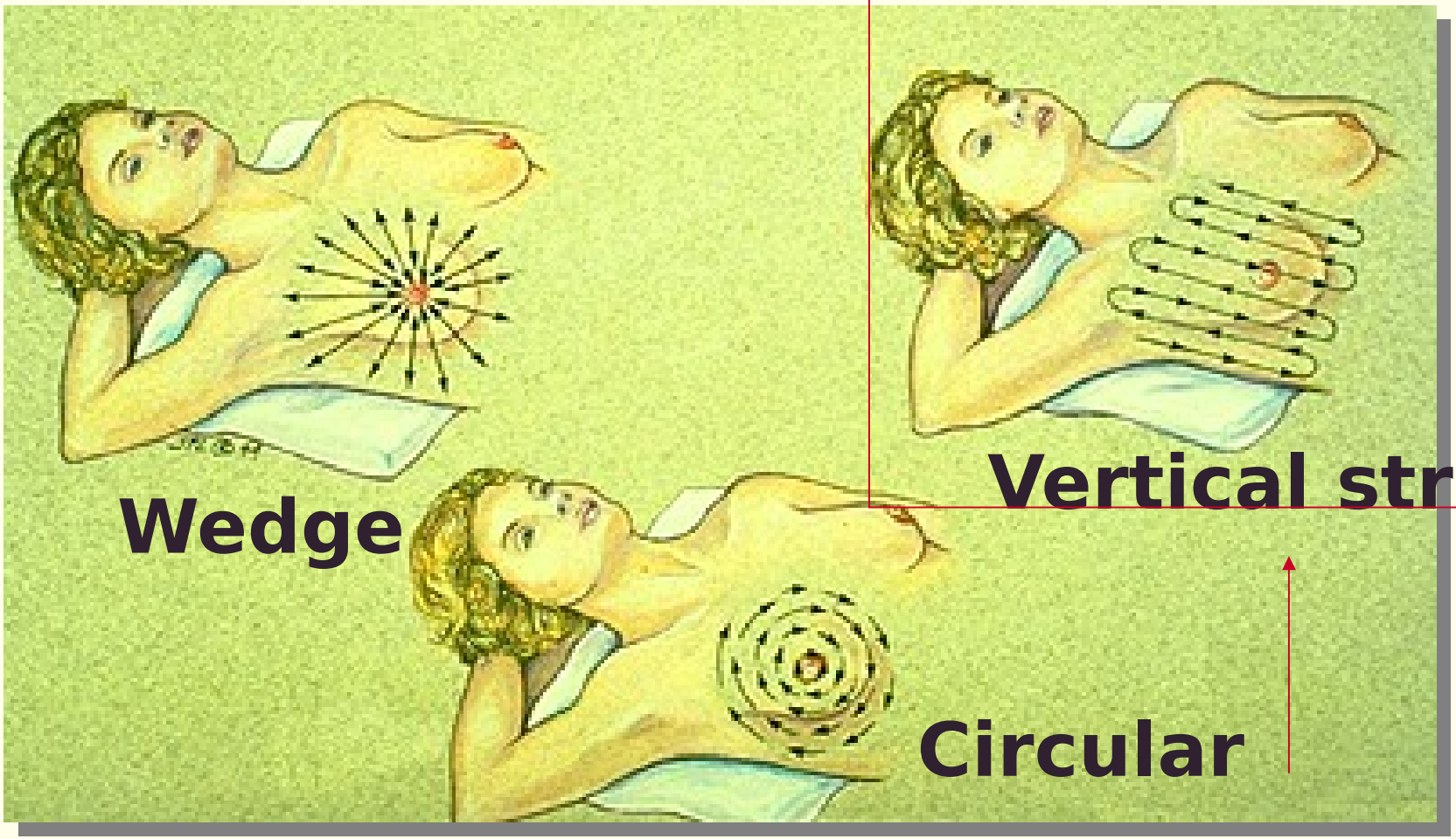
axillary fat pad



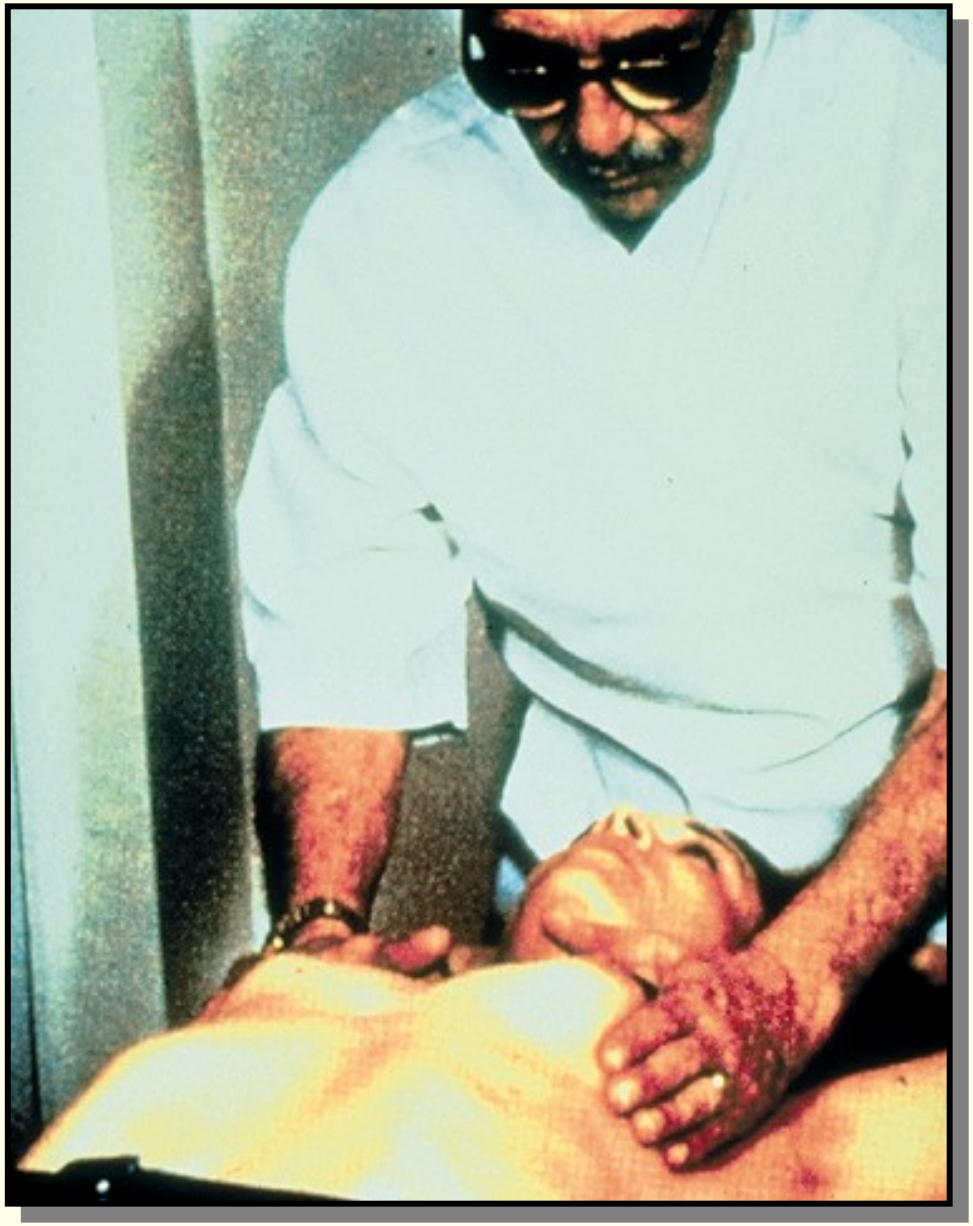
Breast Palpation

- Background nodularity
- Asymmetry
- Dominant mass
- Nipple discharge

Breast Palpation Techniques



Preferred teaching method



Documentation

Describe any abnormalities

- Size
- Shape
- Location,
- Discomfort

Clinical Center
Michigan State University
138 Service Road
East Lansing, Michigan 48824

Comprehensive Breast Health Clinic

COMPREHENSIVE BREAST HEALTH CLINIC

BREAST HISTORY / PHYSICAL EXAM

DATE	LAST MENSTRUAL PERIOD	BP	PULSE	AGE

DO YOU PRESENTLY SMOKE? ☐ YES ☐ NO

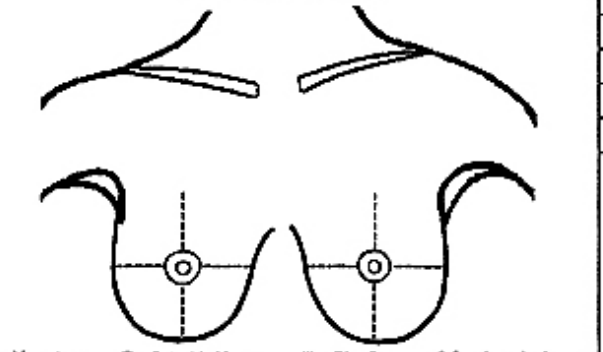
CURRENT HEALTH CARE PROVIDERS (HCP's)

HISTORY:

	YES	NO
SKIN CHANGES	☐	☐
NIPPLE DISCHARGE	☐	☐
LUMPS	☐	☐
PUCKERING	☐	☐
PAIN	☐	☐

PERFORMS BSE Q_____

PHYSICAL EXAM - BREAST



-H- = Scars ● = Palpable Mass /// = Dimpling .*.*. = Lymphedema

SIZE: Sm _____ Mod _____ Large _____

SHAPE: Pendulous _____ Symmetrical _____

COLOR: Nonerythematous _____ Erythematous _____

TEXTURE: Nonlymphedematous _____ Lymphedematous _____

NIPPLES: Everted _____ Inverted _____

BREAST CONSISTENCY	RIGHT	LEFT
SMOOTH		
NODULARITY:		
MILD		
MODERATE		
SEVERE		
DENSE		

AXILLARY NODES	RIGHT	LEFT
NON PALPABLE		
SINGLE		
MULTIPLE		
MATTED		

IMPRESSION:

PLAN:

EXAMINER_____

3023-040 (9/94)

Videotape: Clinical Breast Exam & Practicum with Models

Questions?